

Lunch

| Week 1 | Sun Jul 30, 2023 | Mon Jul 31, 2023 | Tue Aug 1, 2023 | Wed Aug 2, 2023 | Thur Aug 3, 2023 | Fri Aug 4, 2023 | Sat Aug 5, 2023 |
|----------|--------------------------|----------------------|---------------------------|-----------------------------------|------------------------------|---------------------|---------------------------------------|
| Soup | Lentil & Sausage | Soup of The Day | Soup of The Day | Soup of The Day | Soup of The Day | Soup of The Day | Soup of The Day |
| Entrée 1 | English Breakfast | Chicken Wings | Corn Dog | Chef's Choice | Cuban Sandwich | Roast Beef Sandwich | Cheese Strudel w/ Egg, Onion, & Bacon |
| Side | Hash Browns | Fried Rice | Baked Beans | French Fries | Potato Wedges | Onions Rings | Potato Bites |
| Entrée 2 | Chicken Salad w/ Avocado | Avocado & Crab Salad | Salmon Salad Sandwich | Bratwurst & Sauerkraut on Sub Bun | Chicken Mushroom Vol Au Vent | Fish Tacos | Grilled Cheese w/ Tomato |
| Side | Cucumber Salad | Bistro Bun | Marinated Vegetable Salad | Potato Bites | Tossed Salad | Onion Rings | Caesar Salad |
| Dessert | Nanaimo Bar | Assorted Desserts | Assorted Desserts | Assorted Desserts | Assorted Desserts | Assorted Desserts | Assorted Desserts |

Dinner

| | | | | | | | |
|-----------|---|---------------------------|-------------------|--------------------|------------------------------------|------------------|------------------------|
| Appetizer | Cheese Plate | Chef's Choice | Chef's Choice | Chef's Choice | Chef's Choice | Chef's Choice | Chef's Choice |
| Entrée 1 | Roasted Prime Rib of Beef w/ Yorkshire | English Style Corned Beef | Pasta Night | Beef ala Deutsch | Grilled Duck Legs | Lamb Meatballs | Southern Fried Chicken |
| Side | Garlic Mash | Boiled Potatoes | Garlic Toast | Spätzle | Confit Potatoes | Mashed Potatoes | O'Brien Potatoes |
| Entrée 2 | Scallops w/ Chimichurri & Cauliflower Puree | Catch of The Day | Stuffed Pork loin | Catch of The Day | BBQ Baby Back Ribs w/ Baked Potato | Catch of The Day | Veal Chasseur |
| Side | Saffron Rice | Boiled Potatoes | Rice | Rice | Baked Potato | Mashed Potatoes | Egg Noodles |
| Vegetable | Yams | Romanesco | Baked Yams | Mexican Corn | Golden Beets | Herb Zucchini | Green Beans |
| Vegetable | Brussel Sprouts | Butternut Squash | Cauliflower | Batons of Rutabaga | Peas a la Francaise | Carrots | Roasted Turnips |
| Dessert | Peach Melba Ice Cream | Chef's Choice | Chef's Choice | Chef's Choice | Chef's Choice | Chef's Choice | Chef's Choice |

* Menu item contains a Superfood.



Living Loving Local

Breakfast - Daily menu choices - Eggs Various preparations, Cereal, Fresh Fruit, Yogurt, Granola, Juice, Milk, Coffee and Tea

Choose Superfoods more often for optimal health - Apples, Avocado, Beans, Lentils, Beets, Blackberries, Bran, Oats, Broccoli, Cauliflower, Cherries, Cranberry, Eggs, Fatty Fish-Salmon, Nuts, Peaches, Raspberries, Spinach, Strawberries, Squash, Tomato & Yogurt

LUNCH



Sun July 30, 2023

Soup of the day

Lentil & Sausage

Entrée 1

English Breakfast

Side

Hash Browns

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**Entrée 2**

*Chicken Salad w/ Avocado*

**Side**

*Cucumber Salad*

**Dessert**

*Nanaimo Bar*

fruit juice, fresh brewed coffee, assorted teas  
full bar service available

**gs**gluten sensitive  
heart-smart **sf**super  
foods



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# DINNER



**Sun July 30, 2023**

## **Appetizer**

*Cheese Plate*

## **Entrée 1**

*Roasted Prime Rib of Beef w/ Yorkshire*

## **Entrée 2**

*Scallops w/ Chimichurri & Cauliflower Puree*

~~~

Starch

Garlic Mashed Potatoes / Saffron Rice

Vegetables

Yams

Brussel Sprouts

Dessert

Peach Melba Ice Cream

fruit juice, fresh brewed coffee, assorted teas
full bar service available

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LUNCH

Mon Jul 31, 2023

Soup of the day

Soup of The Day

Entrée 1

Chicken Wings

Side

Fried Rice

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## Entrée 2

*Avocado & Crab Salad*

## Side

*Bistro Bun*

## Dessert

*Assorted Desserts*

fruit juice, fresh brewed coffee, assorted teas  
full bar service available

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# DINNER

**Mon Jul 31, 2023**

## Appetizer

*Chef's Choice*

## Entrée 1

*English Style Corned Beef*

## Entrée 2

*Catch of The Day*

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Starch

Boiled Potatoes

Vegetables

Romanesco

Butternut Squash

Dessert

Chef's Choice

fruit juice, fresh brewed coffee, assorted teas
full bar service available

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LUNCH



Tue Aug 1, 2023

Soup of the day

Soup of The Day

Entrée 1

Corn Dog

Side

Baked Beans

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## **Entrée 2**

*Salmon Salad Sandwich*

## **Side**

*Marinated Vegetable Salad*

## **Dessert**

*Assorted Desserts*

fruit juice, fresh brewed coffee, assorted teas  
full bar service available

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# DINNER



**Tue Aug 1, 2023**

## **Appetizer**

*Chef's Choice*

## **Entrée 1**

*Pasta Night*

## **Entrée 2**

*Stuffed Pork loin*

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Starch

Garlic Toast

Vegetables

Baked Yams

Cauliflower

Dessert

Chef's Choice

fruit juice, fresh brewed coffee, assorted teas
full bar service available

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LUNCH

Wed Aug 2, 2023

Soup of the day

Soup of The Day

Entrée 1

Chef's Choice

Side

French Fries

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## Entrée 2

*Bratwurst & Sauerkraut on Sub Bun*

## Side

*Potato Bites*

## Dessert

*Assorted Desserts*

Fruit Juice, Fresh Brewed Coffee, Assorted Teas  
Full Bar Service Available

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Super Foods



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# DINNER

Wed Aug 2, 2023

## Appetizer

*Chef's Choice*

## Entrée 1

*Beef ala Deutsch*

## Entrée 2

*Catch of The Day*

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Starch

Spätzle

Vegetables

Mexican Corn

Batons of Rutabaga

Dessert

Chef's Choice

Fruit Juice, Fresh Brewed Coffee, Assorted Teas
Full Bar Service Available

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LUNCH



Thur Aug 3, 2023

Soup of the Day

Soup of The Day

Entrée 1

Cuban Sandwich

Side

Potato Wedges

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## **Entrée 2**

*Chicken Mushroom Vol Au Vent*

## **Side**

*Tossed Salad*

## **Dessert**

*Assorted Desserts*

fruit juice, fresh brewed coffee, assorted teas  
full bar service available

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# DINNER



**Thur Aug 3, 2023**

## **Appetizer**

*Chef's Choice*

## **Entrée 1**

*Grilled Duck Legs*

## **Entrée 2**

*BBQ Baby Back Ribs w/ Baked*

*Potato*

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Starch

Confit Potatoes

Vegetables

Golden Beets

Peas a la Francaise

Dessert

Chef's Choice

fruit juice, fresh brewed coffee, assorted teas
full bar service available

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LUNCH

Fri Aug 4, 2023

Soup of the day

Soup of The Day

Entrée 1

Roast Beef Sandwich

Side

Onions Rings

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## Entrée 2

*Fish Tacos*

## Side

*Onion Rings*

## Dessert

*Assorted Desserts*

fruit juice, fresh brewed coffee, assorted teas  
full bar service available

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# DINNER

Fri Aug 4, 2023

## Appetizer

*Chef's Choice*

## Entrée 1

*Lamb Meatballs*

## Entrée 2

*Catch of The Day*

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Starch

Mashed Potatoes

Vegetables

Herb Zucchini

Carrots

Dessert

Chef's Choice

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LUNCH

Sat Aug 5, 2023

Soup of the Day

Soup of The Day

Entrée 1

Cheese Strudel w/ Egg, Onion, & Bacon

Side

Potato Bites

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### Entrée 2

*Grilled Cheese w/ Tomato*

### Side

*Caesar Salad*

### Dessert

*Assorted Desserts*

fruit juice, fresh brewed coffee, assorted teas  
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# DINNER

**Sat Aug 5, 2023**

## Appetizer

*Chef's Choice*

### Entrée 1

*Southern Fried Chicken*

### Entrée 2

*Veal Chasseur*

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Starch

Egg Noodles

Vegetables

Green Beans

Roasted Turnips

Dessert

Chef's Choice

fruit juice, fresh brewed coffee, assorted teas
full bar service available

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ALTERNATIVE MENU



LUNCH

Build your own Caesar Salad

Shrimp, Calamari, Chicken Breast

~ ~ ~

Build your own Omelette

Ham, Mushroom, Shrimp, Fresh Herbs, Cheese

Fresh Fruit Plate

With Cottage Cheese



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ALTERNATIVE MENU



LUNCH

Build your own Caesar Salad

Shrimp, Calamari, Chicken Breast

~ ~ ~

Build your own Omelette

Ham, Mushroom, Shrimp, Fresh Herbs, Cheese

Fresh Fruit Plate

With Cottage Cheese



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